



Commission on Peace Officer Standards and Training

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Subject: **New Guidelines Issued for Screening Peace Officers for Musculoskeletal Conditions**

The *POST Medical Screening Manual for California Law Enforcement* provides examination and evaluation protocols to assist agencies and screening physicians in the conduct of these evaluations in accordance with Government Code section 1031(f) and Commission Regulation 1954. The Manual is organized into 12 separate body systems to facilitate revisions necessitated by medical advances and legal developments. An update to the largest chapter in the Manual – Musculoskeletal System – was issued on October 30, 2015.

The updated [Musculoskeletal](#) chapter provides guidance covering the entire gamut of the musculoskeletal system, from neck and back conditions, to ankle instability. All current sections have been revised to incorporate recent advances in medical science and epidemiology. In addition, the new chapter includes five new sections: Shin splints, ankle instability, iliotibial (IT) band syndrome, rotator cuff disease, and carpal tunnel syndrome.

This updated chapter is the last of five recently revised sections of the Medical Screening Manual. Prior revisions include [Cardiovascular](#) (May 2014), [Respiratory](#) (May 2014), [Vision](#) (June 2015) and [Hematology](#) (June 2015) as indicated in POST Bulletins [2014-09](#) and [2015-13](#), respectively.

IMPORTANT: Law enforcement employers must ensure that the physicians who conduct their peace officer pre-employment screening are aware of these updates to the Medical Screening Manual.

Questions regarding the manual may be directed to Shelley Weiss Spilberg, Ph.D., Standards, Evaluation, and Research Bureau at (916) 227-4824 or shelley.spilberg@post.ca.gov; or Melani Singley, Standards, Evaluation, and Research Bureau at (916) 227-4258 or melani.singley@post.ca.gov.

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